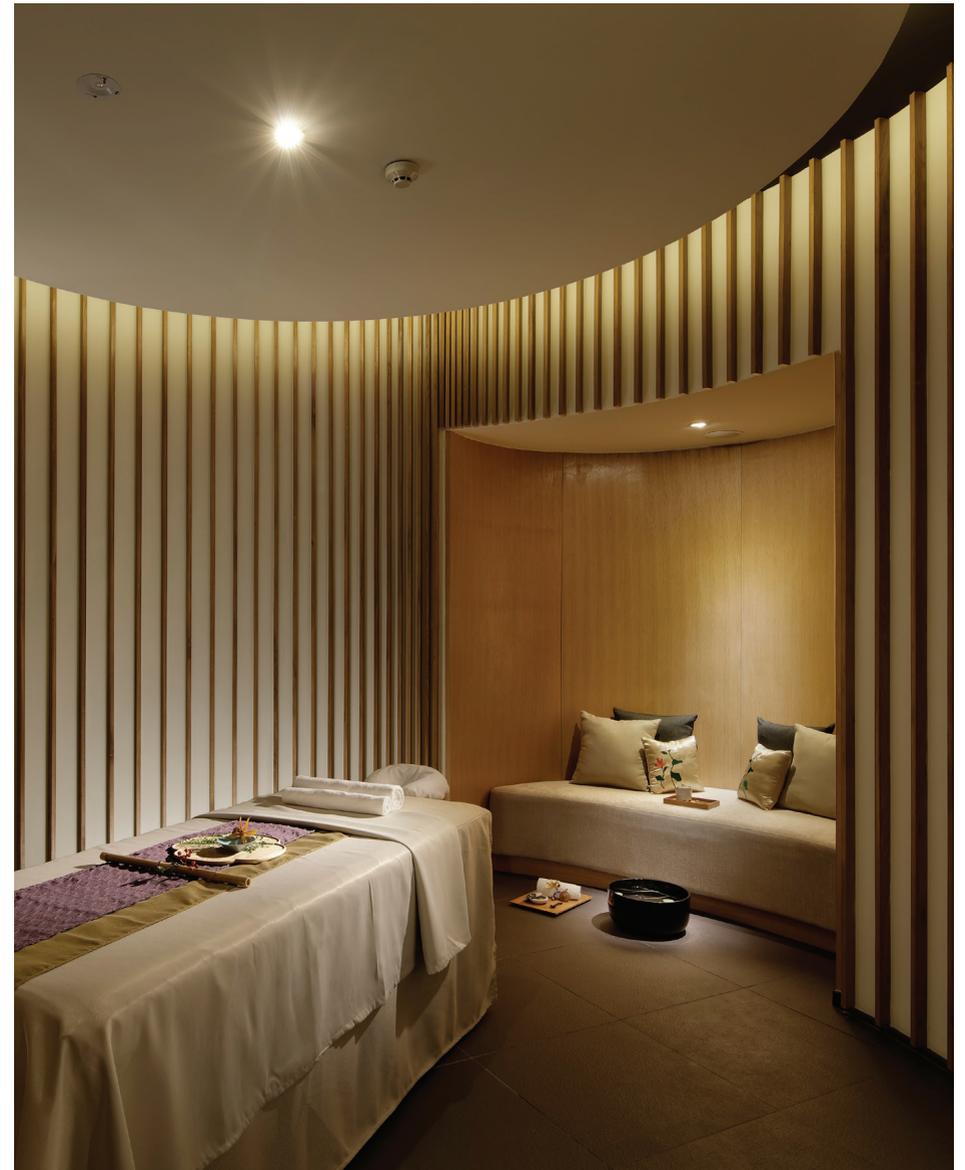




INTERCONTINENTAL®  
NHATRANG



SPA MENU



## Welcome to SPA InterContinental®

Spa InterContinental will awaken all your senses with therapies that harmoniously blend Vietnamese traditions with distinctive Japanese hospitality.

Our menu of services has been designed to promote total relaxation for one's mind, body and spirit supported by a nurturing range of facial and body treatments with traditional reflexology, using a luxurious line of skincare.

## BODY MASSAGE

### Aroma Therapy Massage

60min/90min  
1,400,000/1,900,000

A highly relaxing aromatherapy massage using light to moderate pressure to ease the tension of your mind and body with a special blend of essential oils.

### Deep Tissue Massage

60min/90min  
1,400,000/1,900,000

This deep massage is designed to alleviate tension and stress particularly in your muscles, perfect for after sports or just when you feel stress in your body.

### Bamboo Oriental Massage

60min/90min  
1,450,000/1,950,000

A highly unique massage using bamboo, producing a deep sense of relaxation, serenity and inner wellbeing.

### Hotstone Massage

90min  
1,900,000

Warm lapis stones blended with essential oils warm your body, then ease muscle tension and contribute to improved blood circulation.

### Vietnamese Massage

60min/90min  
1,400,000/1,900,000

Our signature treatment blends the elements of 5 techniques being aromatherapy, lomi lomi, Thai, shiatsu and reflexology, resulting in a sense of deep relaxation for your mind and body.

### Thai Massage

80min  
1,800,000

Our Thai massage uses no oils or lotions but calls on the traditional massage techniques of acupressure and gentle stretching, relieving aching muscles and promotes long lasting relaxation.

### Anti-Stress (Scalp, Shoulder Massage)

50min  
1,050,000

Slow and rhythmic strokes to the head, neck and shoulders target tension and stress in these specific areas of the body.

FOOT MASSAGE

Foot Reflexology                      60 mins              1,050,000

Acupressure points on the feet related to different parts of the body and so are specifically targeted by this treatment to assist in restoring balance and vitality.

Reflexology and Scalp Massage    90 mins              1,350,000

Enjoy all the benefits of our foot reflexology treatment with a soothing scalp massage to help relieve headaches and stress spots in the neck.

FACIAL THERAPY

Multivitamin Facial                    60 mins              1,050,000

A treatment designed for sunburnt skin, enriched with powerful vitamins, to help restore and moisturise your skin after a day in the sun.

BODY SCRUB

Green Tea Scrub                        50 mins              1,050,000

Green Tea, renowned for its powerful antioxidants and nutrients, is used in this treatment designed to improve the texture of the skin, help reduce lines and allows deeper absorption of moisture..

Red Bean Scrub                         50 mins              1,050,000

Red Bean, which abounds in Vitamin A, B1, B2..., is used in this treatment to remove dry, flaky skin to reveal supple, replenished skin beneath.

BODY WRAP

Luxury Mud Wrap                        60 mins              1,400,000

From the clays of Nha Trang, we have sought to gather mother nature's abundance for your detoxification, remineralization, rejuvenation and relaxation.

Green Tea Scrub + Mud Wrap        90 mins              1,900,000

Green Tea, renowned for its powerful antioxidants and nutrients, is used in this treatment designed to improve the texture of the skin, help reduce lines and allows deeper absorption of moisture. Mud wrap makes your skin detoxicated, remineralized and rejuvenated.

PACKAGES

Rei Package                                130 mins              2,350,000

Aroma (70mins) combined with facial (60 mins)

Aoi Package                                130 mins              2,350,000

Body scrub (30mins) followed by mud wrap (30mins) and Aromatherapy (70 mins)

Nagomi Package                         130 mins              2,350,000

Wrap (30mins) combined with body massage (60mins) and facial (40mins)

Zen Package                                150 mins              2,750,000

Body scrub (30mins) followed by a body massage (60mins) and facial (60mins)